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NEWS RELEASE

LEWIS COUNTY PUBLIC HEALTH & SOCIAL SERVICES

For Immediate Release: May 13, 2009
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Title: Lewis County Receives Notification of Confirmed Swine Flu

CHEHALIS – Lewis County Public Health has received official notification of the first confirmed case of swine flu in our county. This case adds to a growing list of confirmed cases across the state of Washington. There are now more than 176 confirmed cases in our state. Last week (5/7/09), The Washington State Department of Health Public Health Lab gained the capacity to do confirmation testing for the swine flu (H1N1). It is estimated that they can test 80-90 samples per day. Due to the large numbers of samples being submitted, the lab is prioritizing samples from counties where there have been no probable or confirmed cases. They are also prioritizing samples from individuals with certain high risk conditions. The confirmed case for Lewis County is a 34 year old female resident of Centralia. She began experiencing symptoms of low fever, sore throat and a severe cough on May 2, 2009. When she went to her physician's office on May, 7, 2009, they collected a nasal-pharyngeal swab to send to the state lab. She was given symptomatic treatment for her cold and was advised to stay home for 7 to 10 days, except for medical provider visits. Confirmation of her swine-origin influenza A (H1N1) status was received on May 13, 2009. At this time she is completely recovered with no symptoms of influenza.

Lewis County residents are encouraged to continue to monitor their own health and the health of their children and families. The signs and symptoms of swine flu are very similar to those of regular seasonal flu. Symptoms include: fever, chills, body aches, sore throat, cough, headache, and fatigue. Anyone experiencing these symptoms is advised to stay home from all activities until 24 hours after all symptoms are gone, unless medical attention is needed.

Everyone should take preventive actions to stop the spread of germs; such as covering your cough with your elbow, washing your hands frequently, and staying home if you are sick. Please avoid contact with others in

order to limit further spread of the infection. People with chronic illnesses are advised to consider limiting their exposure to large crowds or social gatherings.

Lewis County Public Health will remain open as usual from 8:00 AM to 5:00 PM in order to provide Public Health services. Residents with questions may call 1-360-740-1222.

For more information, go to: <http://www.doh.wa.gov/swineflu>, or <http://www.cdc.gov/h1n1flu/index.htm>